CONCUSSION

IF YOU SUSPECT A CONCUSSION

- Remove from play immediately
- Athlete must not return until cleared by a licensed medical professional

COMMON SIGNS

- Appears dazed
- Forgetful
- Clumsy
- Slowed speech
- Behavior changes

SYMPTOMS

May not appear right away
Can worsen with activity

Physical
- Headache
- Nausea or vomiting
- Vision changes
- Dizziness or difficulty with balance
- Sensitivity to light or noise

Mental
- Confusion
- Difficulty concentrating
- Problems remembering
- Feeling foggy

Emotional
- Feels extreme highs and lows
- New irritability, moodiness, or anxiety
- Nervousness

Sleep
- Difficulty falling or staying asleep
- Sleeping more or less than usual
- Fatigue

WHEN TO SEEK EMERGENCY CARE

- Loss of consciousness for >1 minute
- Increasing confusion or inability to stay awake
- Repetitive vomiting
- Seizure or convulsion
- Severe or increasing headache
- Severe neck pain
- Weakness, tingling or burning in arms or legs
- Persistent double vision and/or loss of vision
- Increasingly restless, agitated or combative

Information and guidance provided on this poster are not a substitute for medical advice. You should seek the advice of your physician or other qualified medical health provider with questions you may have regarding a medical condition.

For more resources, please visit the Resources tab of the Michigan Concussion Center website at concussion.umich.edu.

Also visit the NeuroSport Clinic at concussion.umich.edu/neurosport for more information. For diagnosis, call (734) 930-7400.